



Flexible Sigmoidoscopy Prep		
Date:	Time:	Physician:
Location: Southwest Endoscopy		
7788 Jefferson St NE, Albuquerque, NM 87109		
Please call to confirm appointment 505-999-1600		

The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach your physician’s office at: 505-999-1600

NO SHOW: Any patient who fails to keep their scheduled procedure will be charged a \$100.00 fee. The fee must be paid prior to rescheduling any appointments.

Cancellations: must be made 72 business hours prior to your scheduled procedure. Any cancellation made less than 72 business hours will be charged \$100.00. For Monday appointments, cancellations must be made by noon on the preceding Friday. This fee will have to be paid prior to rescheduling the appointment.

Changes in Health Status: Please contact our office for evaluation if you have had any significant changes in your health status between the time your procedure was scheduled and your procedure date. Significant changes can include a heart attack or starting a new anticoagulant (blood thinners). Please also contact our office if you develop or are experiencing flu-like or COVID related symptoms.

Examples of blood thinning medication include; Arixtra (fondaparinux), Beryxxa (betrixaban), Brillinta (ticagrelor), Coumadin (warfarin), Effient (prasugrel), Eliquis (apixaban), Plavix (clopidogrel), Pradaxa (dabigatran), Savaysa (edoxaba), Ticlid (ticlopidine), Xarelto (rivaroxaban)

If you recently started taking any medications listed above, please contact our office immediately at 505-999-1600.



Shopping List

At least one day prior to your procedure purchase the following:

(3) Water based or saline based “FLEET ENEMAS”, no prescription is needed.



Follow the steps below to make sure that your colon is as clean as possible before your Flex-sigmoidoscopy.

Let us know if you are on any of the following: Plavix, Coumadin, Effient, Pradaxa, Eliquis, Xarelto or other blood thinning medication.

Day of your procedure

1. Approximately one hour before leaving home, begin use of the three fleet enemas.
2. Hold each enema for 10 minutes, or as long as possible.
3. Space each enema 10 to 15 minutes apart.

*****Call us at 505-999-1600 if you are unable to administer the enemas at home so we may assist you when you check in.***

FLEXIBLE SIGMOIDOSCOPY

THE DAY OF THE PROCEDURE

All patients are required to check in for your procedure 60 minutes prior to the procedure time. If your procedure is scheduled for 7 AM, please check in at 6:15 AM. Our office opens at 6:15 AM. You should plan for your visit to take between 2-3 hours.

Absolutely nothing by mouth 8 hours prior to your procedure. No gum, mints, candy or tobacco products.

TAKE YOUR BLOOD PRESSURE MEDICATIONS, HEART MEDICATIONS, OR SEIZURE MEDICATIONS AS PRESCRIBED **WITH A SMALL SIP OF WATER** (no more than 2oz) NO LATER THAN 2 HOURS PRIOR TO YOUR PROCEDURE OR YOUR PROCEDURE WILL BE CANCELED. YOU CANNOT HAVE CHEWING GUM, HARD CANDY, OR TOBACCO PRODUCTS THE DAY OF YOUR PROCEDURE.

You must arrange to have a responsible adult (18 or older) come with you to your procedure to drive you home. You are not allowed to drive, take a bus, or leave the facility alone. Your driver does not need to stay at our facility during your procedure but needs to remain reachable by phone. The staff will call your driver 30 minutes before you are ready to be discharged.

- You will need your current insurance card, picture ID, and copayment.
- If you are female under age 50 you may need to submit a urine specimen for a pregnancy test.

Updated 4/28/2023

